H. ABSTRACT OF THE DISCLOSURE

According to the present invention, fat and caloric content of soups can be reduced by the replacement of a portion fat content normally found in soups with an equal amount of emulsified liquid shortening composition comprising dietary fiber gel, water and lipid. The result is that fat and caloric content of soups can be manipulated with minimal effect on taste and texture. Furthermore, these emulsified mixtures, or "emulsified liquid shortening compositions comprising dietary fiber gel, water and lipid", can further comprise functional foods such as high omega three and omega six oils and pure omega three and omega six fatty acids, medium chain triglyceride, beta carotene, calcium estearate, vitamin E, bioflavonoids, fagopyritrol, polyphenolic antioxidants of vegetable origin, lycopene, luteine and soluble fiber, for example Beta-Glucan derived from yeast, and other soluble fibers derived from grain, flax seed, and other vegetable and fruit fiber sources, and any combination thereof. Hence, in addition to reducing fat and caloric content of soups, further health benefits can be achieved by replacing a portion of fat with emulsified liquid shortening compositions comprising dietary fiber gel, water and lipid.